



Recipe Name: Harvest Pot Pie

File No:

Recipe Adapted From:



Uxbridge Public Schools
and
Westfield Public Schools

| | |
|----------------------------|---|
| Grade Group (s): K-8, 9-12 | HACCP Process <input type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step |
| Number of Portions: 50 | |
| Portion Size: 1 cup | |
| Serving Utensil: | |
| Servings per Pan: | |

| Ingredients | Weight | Measure |
|---|--------|-----------|
| Onions, Raw, Chopped | ½ lb | |
| Garlic, Raw, Minced | | 2 Tbsp |
| Carrots, Raw, Chopped | | 3 cups |
| Oil, Vegetable | | ½ cup |
| Flour, All Purpose, USDA # 100400 | | ½ cup |
| Beef Crumbles, Cooked, Frozen, USDA #100134 (1.5 oz = 1 oz eq) | 7¼ lbs | |
| Broth, Beef | | 2 qt |
| Corn, No Salt Added, Canned, Drained USDA #100313 | | 1 #10 can |
| Potatoes, Red, Raw, Unpeeled, Diced | 12 lbs | |
| Garlic, Granulated | 1½ oz | |
| Milk, Fat Free | | 1 qt |
| Butter | | ½ cup |
| Salt | | ½ Tbsp |
| Pepper, Ground | | ½ Tbsp |
| Parsley, Chopped | | 2 Tbsp |

| Procedure |
|---|
| <ol style="list-style-type: none"> Saute onions, garlic, and carrots in oil for at least 15 minutes or until the onions begin to brown. Add the flour and stir over medium heat for 5 minutes, take care not to burn. Add broth gradually, add seasoning, and beef, and simmer for 30 minutes. Divide meat mixture between two, 2 inch hotel pans. Drain corn, divide and spread between the pans. Simmer potatoes in a large pot until potatoes are fork tender, about 30 minutes. Heat milk to a near boil, but do not boil. Add butter, granulated garlic, salt, and pepper to milk. Drain potatoes and place into large bowl. Whisk hot milk mixture into the potatoes at the lowest speed, gradually increasing the speed until smooth. Spread mashed potatoes over the meat and vegetable mixture. Bake at 350°F until the pans are heated through and the internal temperature reaches 160°F. |
| CCP: Hot hold for service at 135°F or higher. |

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|-------------------------------------|----|-----|----------------------------|--|--|--|
| Meal Component Contribution | | | | Total Yield | | |
| Meat/Meat Alternate: 2 oz eq | | | | Weight: | | |
| Vegetable Subgroups | | | | Number of Pans: | | |
| DG | RO | BPL | | Pan Size: | | |
| | | | | Volume: | | |
| S | O | A | | Nutrition Analysis Based on Portion Size | | |
| ¾ cup | | | | Calories: 294 kcal | | |
| Fruit: | | | | Saturated Fat (g): 5.70g | | |
| Grains: | | | Sodium (mg): 548.49mg | | | |
| Based on USDA Food Buying Guide-RAW | | | Calculated using NutriKids | | | |

Equipment (if not specified in procedures above):

DG - dark green RO - red orange BPL - bean, peas, legumes
S - starchy O - other A - additional